

UNIVERSITY OF INDIANAPOLIS
BODY ONE PHYSICAL THERAPY:
ORTHOPAEDIC CLINICAL RESIDENCY



ABPTRFE
ACCREDITED PROGRAM

LEADERSHIP

- Matt Zaudtke, PT, DPT, OCS, ATC
 - Clinical Director
 - mzaudtke@bodyonept.com



- Emily Slaven, PT, PhD, OCS, FAAOMPT, Cert MDT
 - Academic Director, KSPT
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APTA ACCREDITATION

- University of Indianapolis/Body One Physical Therapy is accredited by the American Physical Therapy Association as a postprofessional residency program for physical therapists in Orthopaedics
- We have received accreditation by the ABPTRFE on July 31, 2013
- In July 2018, we were reaccredited for 10 years



WHY OUR RESIDENCY?

- Done **in person**, not as a distance format
 - 3 Clinics – Northside Indianapolis, Zionsville, Fishers
- Expert faculty which serve as **didactic instructors** and **clinical mentors**
 - 14 clinicians, 7 OCS, 3 PTAs
 - Multiple specialties including:
 - Dry needling, BFR, vestibular/concussion, Graston, athletes/sports performance, women's health, thoracic outlet, TMD, golf, chronic pain, Spine, running low leg/ankle/foot, crossfit, spine, pilates.
- Includes **teaching/graduate assistant** component
 - GA in musculoskeletal sequence at UIndy
 - Exposure to direct classroom teaching
 - Experience and training as a clinical mentor for entry level interns



WHY OUR RESIDENCY?

- Diverse orthopedic curriculum
 - Recently added BFR, dry needling, tendinopathy, chronic pain/pain science, thoracic outlet, soft tissue mobilization
 - Access to cumulative resource database in Google Drive
- Collaborative opportunities with University and Clinical Faculty
- Professional project
 - Access to **clinical outcomes data**
 - Multiple professional dissemination/publications over the years of our program
- To date, 100% pass rate on OCS

YEARLY SCHEDULE

| | Aug | Sept | Oct | Nov | Dec | Jan | Feb | Mar | April | May | Jun | July |
|--|--|--------------------------------------|-----------------|--------------|------------------|---------------------------|---------------------|--------------------|-------------|---|---|---|
| Assessment/ Grad/Teaching Assist | Start | | UE Prac | | Cervical Prac | | | LE Prac | | Lumbar Prac | | Final Exam |
| | Msk II: 651 | | | Msk III: 681 | | Msk 1: 641 | | | | | | Research Presentatio n / Case Report |
| Clinical Module | Clinical Orient And Ortho mgmt | Shoulder Med Screen Imaging | Cervical TMJ | E,W,H | Lumbar SIJ | Lumbar Hip Thoracic | Knee Pain Sci | Foot Ankle | Peds BFR | Outcomes Orthotics Thoracic Outlet | Special Topics Tendino pathy STM Athlete | Special Topics/ Research |
| Post Prof Class | PPPT Class | | | PPPT Class | | | | Teach Practicum | | | | |
| Extras | Discussion groups, journal club, observations, reading assignments, research, rounds, case presentations, subjective video, skills checklist | | | | | | | | | | | |

WEEKLY SCHEDULE

- Example
- Weekly patient care hours vary between 35-38 with additional education hours

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|---|-------------------|---|----------------------|-------------------|
| AM 7-12 | Case Study/Rounds Clinical Practice | Ortho GA | Clinical Practice | Ortho GA | Clinical Practice |
| PM 1-6 | Clinical Mentored | Clinical Practice | Clinical Didactic/Lab Clinical Practice | Clinical Mentored | Clinical Practice |

MONTHLY CALENDAR EXAMPLE

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|-----------------------------|--|-------------|--|-----|
| | | | | 1 | 2 Case Study | 3 |
| 4 | 5 Mentor time | 6 GA am | 7 Clinic with Ortho pm Knee Unit | 8 GA am | 9 Rounds Mentor time | 10 |
| 11 | 12 Knee-Exam (JM) | 13 GA am Rounds | 14 Mentor time | 15 GA am | 16 Hands-on practice with mentor | 17 |
| 18 | 19 Surgery with Ortho | 20 GA am Journal Club | 21 Knee Unit – Lab Mentor time | 22 GA am | 23 Rounds Mentor time | 24 |
| 25 | 26 Knee-Lit Review Inservice (PC) | 27 GA am Rounds | 28 Knee - Lab | GA am | Case presentation | |

EVALUATION OF THE RESIDENT / PROGRAM OUTCOMES

- Final Written Exam
- Practical exams (Live Patient Exams)
 - Upper quarter x 2
 - Lower quarter x 2
- Professional capstone project
 - Case report and/or clinical research
- Case studies or rounds
- Presentation of 3 patient cases
- Presentation of Journal Articles
- Skill / Manual Technique Checklist
- GA Evaluation / Teaching (UIndy)
- Post professional course grading
- Community Outreach



RESIDENT'S COMPENSATION

- The resident will receive salary for patient care from Body One (~\$40,000)
- .8 FTE in clinic
(Practice/Mentoring/Didactic/Interdisciplinary time)
- Insurance benefits provided by Body One
- Graduate assistantship at UIndy
- Can apply for loan deferment
- UIndy Scholarship provided to each resident for resident's professional development (\$1,500)

RESIDENT HISTORY

- 14 Residents since 2012
- 14 residents successfully completed our program
- 100% OCS pass rate

Past resident accomplishments:

- CI training, MDT specialization, Graston Technique certification, dry needling certification, APTA involvement at State and District level, publications, professional presentations and lectures, practice management positions, residency mentors, university faculty members

APPLICATION

- Dates
 - Application deadline is January 31st
 - Onsite interviews February/March
 - Positions offered March/April
 - Start date: Monday of week that includes Aug 1
- Applications are processed thru RF-PTCAS
- Up to 3 available positions
- More information is available at
 - <http://www.uindy.edu/health-sciences/postprofessional/orthopaedic-residency>
 - <http://bodyonept.com/orthopedic-residency/>
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